



UP VOICE

The Official Newsletter of the University of Puthisastra (UP)

CONGRATULATIONS TO THE WINNERS OF THE "YOUTH 21" PROGRAM IN 2021!



WELL DONE UP STUDENTS!!

- 1st Prize: Western University PHSAR 360 Degree Project
- 2nd Prize: University of Puthisastra, Kru Pet K'nhom (My Doctor) Project, aims to facilitate the research and appointment with trustworthy doctors in Cambodia.
- 3rd Prize: Paragon University SERSITY Online Community Project

These are the 3 winners from the "Youth 21" program. An excellent achievement from 112 young participants, from 14 teams from 13 higher education institutions who underwent training, Internship and business plan pitching for 6 months.

The "Youth 21" program under the theme "Digital Entrepreneurship" is an initiative of HE Dr. Hang Chuon Naron, Minister of Education, Youth and Sports, which aims to develop the capacity of Cambodian youth to become human resources with entrepreneurial skills, initiatives and 21st century skills in response to the Industrial revolution 4.0 and new contexts.

Get ready to join and meet again in the season II of 2022!

WHAT'S UP ON CAMPUS	• 01 JANUARY 2022 INTERNATIONAL NEW YEAR DAY 2022
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UP TRAINS MORE THAN 1264 CAMBODIAN PHARMACISTS IN CPD



University of Puthisastra (UP) is a private university in Cambodia focusing on health sciences and information technology. Faculty of Pharmacy is one of the very few organizations recognized by the Pharmacy Council of Cambodia (PCC) to provide continuing professional development (CPD) for pharmacists who are currently working in community pharmacies, hospital, and other health care centers in Cambodia.

The training provided the appropriate continuing education to develop professional competency in pharmacy practice. Currently, the training mainly took place online via Zoom cloud meeting focusing on various topics to ensure up-to-date professional development.

So far, UP's Faculty of Pharmacy has conducted 18 sessions within 3 rounds of CPD. 1264 pharmacists have joined the training in 2021.

In the first round of training, there was an important topic entitled "Good Pharmacy Practice (GPP), Good Distribution Practice (GDP) and Good Storage Practice (GSP)". Secondly, there was an interesting topic entitled "Inventory and Stock Management". Thirdly, there was an advance topic on how to providing evidence-based and up-to-date information on medication to patients entitled "Evidence-Based Practice".

Fourth, there was a topic on "Blood Transfusion" for pharmacists who currently work in biomedical science and other related sectors. For the fifth and sixth round, there was a topic on "Over the Counter Medicine".

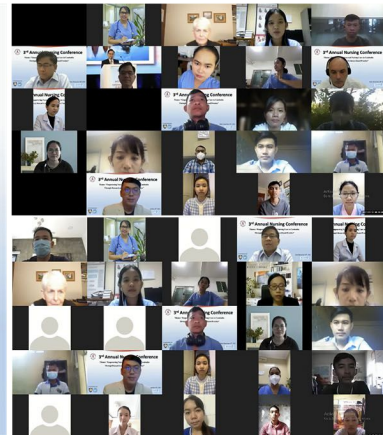
By the end of each training session, participants would be able to receive 5 or 4 CPD points through an evaluation exam. These CPD points would be used for their licenses and work as pharmacist professional in Cambodia.

Feedback from the participants was that the qualification of trainers and facilitators combined with 21st-century teaching methodology with the support of modern technology provide excellent training allowing pharmacists to succeed in the 21st Century.

Last but not least, Faculty of Pharmacy continues to conduct CPD training with various topic in 2022.

3RD ANNUAL NURSING CONFERENCE

3rd Annual Nursing Conference
Theme: “Empowering Nurses and Nursing Care in Cambodia Through Research and Evidence-Based Practice”
 Date: November 13th, 2021
 08:00AM – 12:00PM
 We are excited to see you virtually!
 Meeting ID: 886 7128 3478
 Passcode: 890905



3RD ANNUAL NURSING CONFERENCE 2021
 Theme: Empowering Nurses and Nursing Care in Cambodia Through Research and Evidence-Based Practice

Topics

- Dr. Viriya Key** PhD, MSc, MEd, RN
 Deputy Director of Department of Hospital Services, Chief Nursing Officer, National Heart Hospital of Cambodia for WHO-APAC
 Topic: Building Evidence-Based Practice for Cambodian Nursing Profession
- Ms. Sreyevon Tun** MSc, RN
 Head of Health, Nursing and Midwifery, University of Puthisastra (UP)
 Topic: Applying Evidence-Based Practice in Nursing Education
- Mr. Chanvatanak Ly** MEd, EdD, RN
 Health Research Education Lecturer, Nurse Educator
 Topic: Applying Evidence-Based Practice in Clinical Nursing
- Mr. Sopheak Pol** EdD, RN
 Senior Nurse of Clinical-Medical-Surgery in Cambodia, and Head of Major Clinic (ICU) at UP
 Topic: Applying Evidence-Based Practice in Postoperative Nutrition
- Ms. Sophakna Vy** MEd, RN
 Clinical Nurse
 Topic: Barriers to Apply Evidence-Based Practice in Clinical Nursing

On 13th November 2021, UP- nursing department has collaborated with Jeremiah’s Hope clinic to host 3rd annual nursing conference virtually with the theme “Empowerment Nurse and Nursing Care in Cambodia through Research and Evidence Based Practice”.

The purpose of the conference is to empower nurses and nursing students about using evidence based practice because it will improve patient outcomes, save more time and reduce cost and contribute to science of nursing.

We finished the conference with 130 participants and there were many positive feedbacks from participants/ speakers that conference was useful, topics were interested.

There will be nursing conference next year, we hope to bring it to face to face conference if the Covid situation allows us to prepare it physically UP campus.

UP DENTAL CLINIC NOW REGISTERED AS UP DENTAL HOSPITAL



UP has recently registered as a Dental Hospital with the Ministry of Health - one of only a few clinics in Cambodia to do so.

We have been awarded this status because our clinic has 21 chairs, and many dentists providing services. The process of registration was demanding. Our application to become a Dental Hospital was led by Assistant Prof Soeun Sopharith (Deputy Dean of Dentistry), Ms Rien Samthyda (Registrar) and Ms Chay Van Daly (Executive Secretary to the President).

Many documents were required, including the criminal records and Dental Council registration of many of our dentists, and many clinical documents, for example some of our protocols.

Achieving this status is a landmark for our University, and will aid us as we seek to offer more postgraduate courses (such as the Masters in Orthodontics) in the future.

Thanks for Dr Sopharith and the UP team for your efforts to achieve this milestone.

FACULTY OF PHARMACY CONDUCTED MEMORANDUM OF UNDERSTANDING (MOU) WITH BARKOU COMPANY IN A RESEARCH AND NATURAL PRODUCT PROJECTS

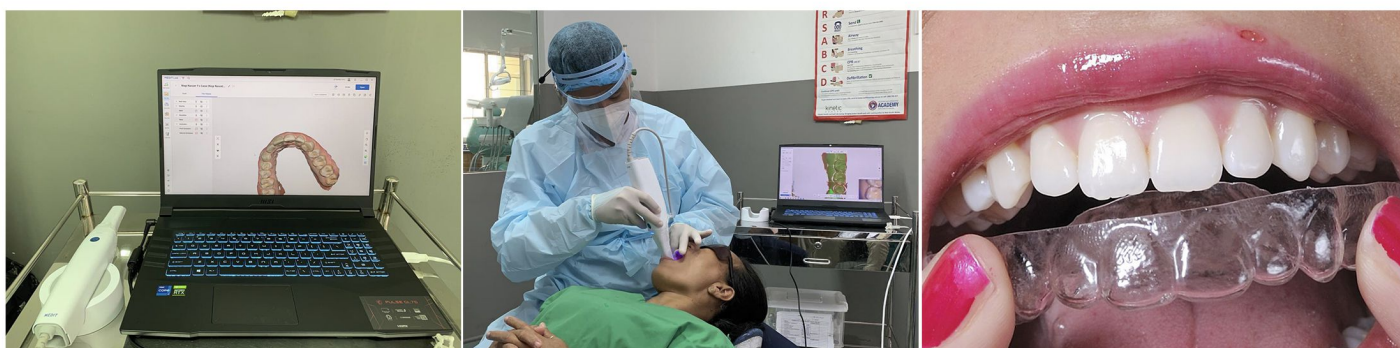
After reopening the university again, the Faculty of Pharmacy, University of Puthisastra has started smoothly with a series of new projects. Recently, the Faculty of Pharmacy has expanded the opportunity to accept a new research project to propose natural products by studying the *Justicia gendarussa* Burm.f., a plant grown by local Cambodian people. In this research study, Faculty of Pharmacy would produce spray for reducing muscle pain, tendons, joints and bone, osteoarthritis, and muscle inflammation.

Throughout this study, Faculty of Pharmacy and BARKOU company are going to sign a memorandum of understanding to implement these research projects. We know that *Justicia gendarussa* Burm.f. have bioactive compounds named flavonoids which possess anti-inflammation, and antioxidant for the spray.

Last but not least, Faculty of Pharmacy and BARKOU company strongly hope that this traditional herbal product will exist for Cambodian to use in the near future.



INTRA-ORAL SCANNER ARRIVES FOR UP DENTAL CLINIC



The University of Puthisastra has a new addition to its technical equipment - an Intra-Oral Scanner. With the addition of this new technology, the UP dental clinic can offer patients new services such as orthodontic clear aligners, splint guides, crowns, and other services. The UP dental clinic is the first university dental clinic in Cambodia to offer an intra-oral scanner to its doctors.

Dr. Anand Marya, the Head of Orthodontics at the University of Puthisastra, believes that this is an essential addition to our repertoire as the world is heading towards digital dentistry. The intraoral scanner can help digitize our intra-oral records and carry out treatment planning virtually. An intra-oral scan roughly requires 5 to 10 minutes, and there is no need to take physical impressions anymore as the intra-oral records are stored on a secure server. At UP, we believe in offering the best learning options for our students and the best treatment options for incoming patients.

With the arrival of the scanner, UP dental clinic is now able to offer comprehensive clear aligner orthodontic treatment to its patients. Clear aligners are almost invisible. Very few clinics in Cambodia offer this treatment, and UP is able to provide aligners for about half the the amount that it costs outside.

With time we should be able to offer other services that involve using an intra-oral scanner. Please contact the UP Dental Clinic for an appointment to see our orthodontist (012-414563 089-414563).

DENTAL STUDENTS HELP CHILDREN AT A SPECIAL EDUCATION SCHOOL IN SIEM REAP



Last week five UP Year 6 dental students joined with the NGO One-2-One Cambodia team to provide dental care to 135 children at the Special Education School in Siem Reap. They were Im Puthisa, Hen Sopheakta, Seat Moniroth, Sum Sakkda and Hong Konitha.

The Special Education School provides schooling for deaf and blind children and has branches all over Cambodia. One2One has been working with these schools for several years and has now introduced the Healthy Kids Cambodia program which focuses on prevention and simple treatments which can meet most of their dental needs.

During the week, the One-2-One and UP team provided oral health education, supported the daily toothbrushing program, placed Silver Diamine Fluoride (to arrest decay in the primary teeth), placed fissure sealants on the first permanent molars, and placed many ART restorations (white fillings placed after removing decay with only hand instruments).

The students were supervised by Dr. Sieng Chanthyda (a UP graduate and part-time tutor).

The team worked very hard for four days, and their efforts were greatly appreciated by the staff and pupils. Some of the children will need further treatment, and we are looking at how this might be able to be provided.

During the week time was spent with the teachers to reinforce the importance of regular toothbrushing, and helping them understand that junk foods and sugary drinks are contributing to why the children have so much decay.

Other UP dental students will have a chance to join similar trips over the next year.

UP HOSTS CAMBODIA'S FIRST SYMPOSIUM IN ORAL AND MAXILLOFACIAL SURGERY



The Cambodian Association of Oral and Maxillofacial Surgeons held an online conference at UP entitled "Enhancing Skills in Oral and Maxillofacial Surgery" on 6-6 November. The Opening Ceremony included welcome speeches by the Prof Hong Someth (President of the CAOMFS), Prof Callum Durward (Dean of Faculty of Dentistry and Vice Chairman of Organizing Committee) and an opening address by HE Dr Oeun Borarorth (Secretary of State for Health and Chairman of Organizing Committee).

Speakers over the two days included local Oral and Maxillofacial Surgeons (including UP lecturer Dr Sam Sovatdy) as well as international surgeons including Drs Barbara Woodhouse, John Arvier and Paul Duke (from Australia), and Dr Seah Tian Ee (from Singapore). The conference was well organized with over 500 dentists and OMF surgeons in attendance. Some of the interesting topics presented included:

- What dental practitioners should know about OMF lesions
- Bone augmentation in implant dentistry
- Dental care for radiotherapy and chemotherapy cancer patients
- Immediate management of orofacial trauma
- Management of acute odontogenic infections
- Management of orofacial pain
- Surgical management of bimaxillary protrusion
- Pre-prosthetic surgery
- Implant placement in the aesthetic zone

Another highlight was a series of case presentations by some of the local OMFS trainees.

UP was very happy to partner with the CAOMS to host this meeting, the first of its kind in Cambodia, and looks forward to playing a role in bringing more education to the Cambodian dental workforce in the future.



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Symposium in Oral and Maxillofacial Surgery
"Enhancing Surgical Skills in Oral and Maxillofacial Surgery"
 5th - 6th November 2021 ZOOM

Speakers


 Dr. John Arvier , Australia


 Dr. Seah Tian Ee , Singapore


 Dr. Barbara Woodhouse , Australia


 Dr. Paul Duke , Australia


 Dr. Kor Hok Sim , Cambodia


 Dr. Phan Sandeth , Cambodia


 Dr. Chhiv Engseang , Cambodia


 Dr. Phal Vatanak , Cambodia


 Dr. Sam Sovatdy , Cambodia

Registration Fee :

- 👉 Dentist : 20\$
- 👉 Student ,Year 5 - 7 : 10\$

For registration, please contact:

- Dr. Malin,Ph/Telegram : 096 881 2688
- Email : malintaing@yahoo.com
- Dr. Bushara,Ph/Telegram : 017 538 437

WHAT DO MD GRADUATES DO AFTER LEAVING UP?

Dr. Lim Chung Seng, MD Batch 1

Medical Mercy Cambodia Center, Krong Ta Khamu, Kandal Province

"I am doing the 3-year residency program in Family Medicine at Mercy Medical Center Cambodia. The missionary expatriate physicians from different parts of the world provide lectures and guidance. In my practice, I have seen children and adult patients with a variety of acute and chronic diseases; I have also learned about women's health and palliative care for patients with terminal illnesses.

It has been a life changing experience for me to work here. I not only learn to be a skillful doctor but I also take care of my patients with compassion and empathy".

"I advise all the students doing their internships to work hard, always focus on their own work and constantly improve their skills."



Dr. Son Sok Mean, MD Batch 1

Sanja Kill Memorial Hospital, Kampot Province

"I work in the Obstetrics and Gynecology Department of Sonja Kill Memorial Hospital as a senior medical resident. The hospital is a great place to learn and grow. I have the opportunity to practice and improve my skills everyday under the supervision of friendly and approachable senior attending physicians. Once or twice a year, volunteer doctors from the United States, Germany and Norway come to the hospital, and this a further opportunity to learn."

"I encourage students at UP Faculty of Medicine to visit the Hospital and consider doing their clinical experience here."



Dr. Chea Siek Ai, MD Batch 1

Sihanouk Hospital Center of Hope, Phnom Penh

"I have worked at Sihanouk Hospital Center of Hope for two years after graduating from UP. I have noticed that my knowledge and skills have improved, including my communication skills with colleagues. I have become more punctual and independent in carrying my daily duties, and I have learnt professionalism and compassion to my patients.

As a surgeon resident, I have been involved in a wide range of both minor and major surgeries, including laparoscopic abdominal interventions. I have also provided Outpatient consultations and post-operative care."

"I am very proud of myself for getting a medical degree from UP, securing a position at a good hospital in Phnom Penh, and respectfully attending to so many patients with a smile."

I have two messages for UP medical students: "The harder you work for something, the better you will feel when you get it" and "Never say tomorrow; read it now, learn it now, do it now, and make sure that you are ready to move on."



Dr. Nit BunTongyi, MD Batch 2

Co-Founder and CEO of MeetDoctor

"I am a co-founder and Chief Executive Officer of a Telehealth startup called MeetDoctor. Being a CEO at a health tech sector company is more than being a doctor because my job is also related to business development, fundraising, communication, evaluating the work of other executive leaders.



I think that I am going against the norm; most doctors are practicing in hospitals, while I am sitting in the office writing new guidelines for a different way of treating patients. HealthTech is a new world for Cambodia and in my opinion is the only solution to its healthcare issues.”

“I have some advice for medical students at UP and for other young people in the healthcare sector. First, you should learn from both local and international experiences. Second, you should always prepare for your goals. Third, you should be confident in whatever you do. Nothing can stop you from becoming a great person.”

Dr. Be Reaksmeysorya, MD Batch 2

Private Clinic, Phnom Penh

“I am working as a general physician at Kbal Domrey Clinic and Maternity, near Phnom Penh International Airport. My duty is to provide medical consultation and treatment to the patients. Under the guidance of my senior colleagues, I am improving my clinical reasoning and skills. I have also learnt to use ultrasound, perform abscess drainage and fracture casting. I am also improving my X-ray interpretation skills.

I would like to encourage UP medical students to “believe in themselves, study hard and spend more time to practice in the hospitals. These are the keys to success.”



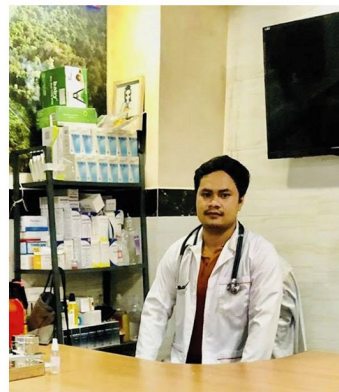
Dr. Chan Kirivorn, MD Batch 2

Owner of Medical Consultation Room, Phnom Penh

“I have run my own medical consultation room in Phnom Penh after obtaining my medical degree from UP.

I am confident in running my own cabinet because I always follow treatment protocols and guidelines. To me, being a medical doctor is not to make money but to save people’s lives.

My advice to UP medical students is: “When you become a physician, you are not treating illnesses but you are treating patients. So being skilled is not enough, you must have compassion and respect for your patients. And you must always have confidence in yourself.”



Dr. Hychhay Leang and Dr. Heng Vouchly, MD Batch2

Residents in Family Medicine at Hebron Medical Center, Phnom Penh

“Founded in September 2007, Hebron Medical Center is a non-profit and charity organization that provides medical assistance to 60,000 outpatients and performs thousands of surgeries, including open-heart surgeries, in underprivileged Cambodian citizens annually.

We have learnt skills that we had not learned during our internships, such as ultrasound and endoscopy. Our working schedules are to rotate in the Departments of General Surgery, Orthopedics, Obstetrics and Gynecology, Pediatrics and Internal Medicine, Ophthalmology and Anesthesiology.

The Residency Program lasts three years and we would like to continue our education abroad after it ends. The Hebron Medical Center is the right place to learn because there are volunteer doctors from Korea, USA and Canada to teach and guide us.”

Our advice to UP medical students is: “Be ready for your next step after graduating, have a clear plan for your future career and go for it!”.



SENIOR PHARMACY CLUB (SPC) ARRANGES DIGITAL OSCE MOCK EXAM



SPC was founded to strengthen year-4 and year-5 pharmacy students' capacity on exam tips and successful keys to succeed in the upcoming graduation exam and national exit exam.

This club, coordinated by Mr. Phanith EANG, currently has 83 members. Today, SPC prepares mock OSCE exam by using computer-based system. The mock exam is designed to simulate the real exam in the purpose of identifying student's strengths and weaknesses, and finding ways to improve students' capacity to succeed in either graduation exam or national exit exam.

Apart from this, it also builds students' confidence, readiness, and spirit to overcome the challenges on the way. This mock exam will also provide students with more opportunities to improve their professionalism.

UP FACULTY OF DENTISTRY MAKING GOOD USE OF VISUALIZER



This semester the teaching in the dental labs has been made easier through use of the new VISUALIZER. The visualizer is a machine that can magnify something and the image can be recorded as a photo or video or live streamed.

Dr. Horn Rithvitou, the leader of the year 4 Simulation Lab, has been using the visualizer to show dental students in high magnification how to prepare cavities, how to place restorations, and other clinical procedures that they need to learn before starting to treat patients.

Dr Vitou has used it live during class, so that students can watch the procedures up-close either on their laptops or Smart phones. He has also used it asynchronously and put recorded video clips on UPOP for students to access. We intend to do the same for much of the lab teaching, as it allows students to see procedures clearly, without having to "crowd around" the tutor - which of course is to be avoided during COVID.

Congratulations Dr. Vitou on demonstrating that the visualizer can be used effectively to enhance student learning.

DR CHEA SIN, DEAN OF PHARMACY, UNIVERSITY OF PUTHISAstra, WAS REAPPOINTED AS A MEMBER OF INTERNATIONAL SCIENTIFIC COMMITTEE FOR LE PHARMACIEN HOSPITALIER ET CLINICIEN FOR THE SECOND TERM FROM JANUARY 2022

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Dr Chea Sin has been a member of International Scientific Committee for Pharmacien Hospitalier et Clinicien since January 2019. With his ongoing commitment and contribution to the journal, he was reappointed as a member of International Scientific Committee for Pharmacien Hospitalier et Clinicien for the second term from January 2022.

Pharmacien Hospitalier et Clinicien is part of Elsevier, a leader in information and analytics for customers across the global research and health ecosystems. Pharmacien Hospitalier et Clinicien promotes optimal pharmaceutical care, safer uses of medicines and medical devices, assess therapeutics and improves patient safety goals. Partnering the French Society of Clinical Pharmacy, Center for Information on Therapeutic Agents, National Association of Clinical Pharmacy Teachers, it publishes recent research reports, synthetic and critical reviews, and didactical articles on all fields of health-system pharmacy (pharmacotherapy, medical devices use, drug compounding, compliance, dosage, posology and route of use, pharmacy education, family medicine, information technology, drug security and quality of patient care). It encourages publication and rewards the work of young authors, with special attention to those from French-speaking, emerging countries.

'I am proud that I have this special chance again for another two years to learn from senior clinical experts and scientists from across the world and make contributions to the clinical sciences of the world through this prestigious journal. And I will share these experiences with my colleagues, my students, and other Cambodian pharmacists to optimize pharmaceutical care and eternally improve patient safety' said Dr Chea Sin.

UNIDENT-DENTSPLY SIRONA-UP DENTAL IMPLANT COURSE GRADUATION



On Friday, Saturday and Sunday last week, the final module of the two year Unident–Dentsply Sirona-UP Dental Implant course was held at UP. This was the 9th Unident implant course using Ankylos implants from Germany, and in recent years this has been held at UP. The course was conducted by two of Cambodia's top implant specialists - Dr Chav Bunhean DDS, MSc (Implantology) and Dr Nol Rithy DDS, MSc (Prosthodontics and Implantology).

Dr Rithy is currently a lecturer and clinical tutor at UP. The final module included 1 day of lectures, supervised placement of many implants by the participating dentists, and an examination. One of the 24 participants completing the course was recent UP graduate, Dr Dr Nao Dara. The course concluded with the awarding of certificates of completion to the dentists, followed by a celebratory dinner. Unident and UP hope to enrol a new batch of dentists for a new course in 2022. We look forward to ongoing cooperation with Unident, as it is part of UP's mission to help up-skill the dental workforce in Cambodia.

UP STUDENTS AND STAFF GET 10% DISCOUNT ON FOOD AND DRINKS AND 33% DISCOUNT ON BOARD GAMES FROM HAPPY DAMREI BOARDGAMES CAFÉ



On 24th December, 2021 there was an agreement signed between University of Puthisastra and Happy Damrei Boardgames Café. This collaboration will be a good opportunity for students and staff from UP as they can have one nearby café with the special offers and convenient location.

Happy Damrei Boardgames Café is located at #1P Street 174, Sangkat Phsar Thmei 3, Khan Daun Penh, Phnom Penh. Happy Damrei is a board game café where you can come and play games, visit the shaded rooftop bar and try their great food and coffee.

Happy Damrei is committed to provide a safe and secure venue for all students and staff from UP. Moreover, UP students and staff can get a 10% discount on all food and drinks and a 33% discount on board games by just showing their ID card.

